



## Words to Know: Cooking and Preparing Food



### A

amount

### B

barbecue (BBQ)

blend

boil

breakfast

broil

brown

brunch

### C

calcium

calories

carbohydrate

chef

cholesterol

chop

cook

cookbook

crush

cup

cut

cutlery

### D

dash

diet

dinner

directions

dishes

dozen

drain

drops

### F

fact

fat

few

fiber

fresh

frozen

fry

### G

gram

grate

grill

grind

### H

healthy

heat

### I

iron

### K

kilogram

kitchen

### L

label

litre

lunch

### M

meals

measure

melt

metric

microwave

millilitre

minute

mix

### N

nutritious

nutrition

### O

open

ounce

oven

### P

package

pan

peel

percentage

percolate

pinch

poach

pot

pound

pour

prepare

preservatives

protein

puree



## Words to Know: Cooking and Preparing Food



### Q

quart

### R

recipe

reduce

restaurant

roll

### S

saturated

serve

servings

shake

simmer

skillet

skin

small

sodium

spice

squeeze

squirt

steam

stir

stove

strain

stuff

supermarket

supper

### T

tablespoon

teaspoon

thicken

timer

toast

toppings

trim

### U

utensils

### V

vitamins

### W

weigh

whisk